

Crisis Numbers and Resources for Students

This Google doc can be found:



- *In the SS updates on Thursdays*
- *In the Resource tab in OnCampus*
- *On the school website*

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ORGANIZATION	CONTACT	SUMMARY	KEY WORDS
Kids Help Phone	https://kidshelpline.ca/ Text: 686868 Call: 1-800-668-6868	Kids Help Phone is toll-free, 24-hr, bilingual, and anonymous. It is a counselling and referral service for Canadian youth.	Addiction, anxiety, depression, self-injury, suicide
West Island Crisis Center	https://www.centredecriseoi.com/en/index.html Call: 514-684-6160	Offers a 24hr crisis number, free and specialized crisis intervention, short-term housing, and a bank of further resources.	Addiction, anxiety, depression, self-injury, suicide.
Mind Your Mind	https://mindyourmind.ca/	A website for youth by youth that has information, resources, and tools to help youth manage stress, crisis, and mental health issues.	Stress, anxiety
Self-Injury Outreach and Support	http://sioutreach.org/	Provides information and resources to those who self-injure, to those who have recovered, and to those who want to help.	Self-injury
Centre for Suicide Prevention	https://www.suicideinfo.ca/	Provides information about suicide and suicidal behaviour.	Self-injury, suicide.

The Alliance for Eating Disorders	https://www.allianceforeatingdisorders.com/	Provides information about feeding and eating disorders. It includes special sections about feeding and eating disorders in males and information for parents.	Eating and feeding disorders.
Project 10	P10.qc.ca Call: 514-989-4585	Supports youth 14-25 yrs old, phone line open: Tuesday 12 to 6 pm and Thursday 1 to 6pm	2LGBTQIA+
Suicide Action Montreal	https://suicideactionmontreal.org/en/ Call: 1-866-277-3553	Bilingual, 24/7, offers services to people thinking of suicide and those who have lost someone to suicide.	Suicide, grieving.

PHONE APPS			
PHONE APP	IMAGE	SUMMARY	KEYWORDS
TalkLife		Free app. Talk with a community of like-minded supportive people across the globe who understand what it's like to battle ups and downs.	Anxiety, depression
Happify		Free app. Science-based activities and games designed to help reduce stress, overcome negative thoughts, and build greater resilience by providing effective tools and programs to improve emotional well-being.	Mindfulness, coping with negative thoughts, building confidence

SuperBetter		Free app. A framework that activates the psychological strengths of game play to build resilience and success in real life.	Resilience
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